

ASCENSION: THE AWAKENING INTO HIGHER LOVE

CoreLight's Annual All-Student Conference

A VIRTUAL RETREAT

With Leslie Temple-Thurston and Brad Laughlin

November 4-6, 2016

The world is experiencing unprecedented change, and we are in the process of a mass ascension of consciousness. Many are starting to awaken to the fourth dimension—the new paradigm of the heart—living in love, compassion and generosity. Some are becoming well established in heart-centeredness and live there most of the time. Some are beginning to glimpse the fifth dimension—a state of non-duality, wisdom and higher vibratory states.

It is time now for all of us, no matter where we are on the path, to embody love—to integrate love fully into life. This means moving beyond the outmoded, third-dimensional system of duality, beyond victims and tyrants—and living more from the heart.

- * How often do you get caught in feeling victimized?
- * How strong is your witness in the face of challenges?
- * How often do you choose love?

As a community of heart-centered souls, we will examine these questions and discuss our collective journey of ascension into the fourth and fifth dimension. We will review what Leslie's guides call "the mechanics of ascension" and establish ways of embodying love more in daily life.

HOLDING SPACE FOR THE COLLECTIVE

Every country is facing unparalleled cultural shadow as the patriarchy takes its last gasps, and our stable, loving presence is needed now as never before. This is the perfect opportunity for each of us to use all of our spiritual tools and to practice choosing and holding love amidst the changes. It is time to stand unshakably in love and to become models and teachers of love for others.

Synchronously, our conference is the weekend before the U.S. presidential election! We will use this special opportunity to process, meditate, pray and hold space for the highest outcome for all.





THE VIRTUAL RETREAT EXPERIENCE

Taking the time to sequester in silence, meditate and go within is profoundly supportive. By taking refuge in our sanctuaries and giving ourselves full permission to focus on the spiritual journey, we feel the love, the light and the transcendent energies that are pouring into Earth, which opens the door for quantum leaps in consciousness.

By gathering in virtual community, together we hold a Field of subtle energy. The Field supports our consciousness and also helps to create a tipping point for the planet as we work together to manifest a miracle for the Earth and birth a new paradigm of heart-centered consciousness. As our worldwide community has experienced with prior virtual retreats, there truly is no time and space. Even though we are physically separated by vast distances, oceans and continents, we are deeply connected in the Oneness. Our unified field is a profound and palpable presence that uplifts, heals and endures.

We hope you will join us for meditation and discussion as we become of one heart and one mind and strengthen the Field at this pivotal time for the Earth and humanity. It is an ideal time to sequester in the silence, recharge our inner batteries and move into the transcendence together.



ABOUT THE RETREAT

This retreat is open to all Spiritual Warrior and Enhanced Self-Discovery students and graduates. If you have never joined us for a virtual retreat, we offer some guidelines about [how to set up a sanctuary in your home](#) and how to prepare for the virtual retreat by creating a silent, sacred space conducive to going inward. If your home is not an option, you can join us from a retreat space or sanctuary of your choice.

Each day our worldwide community will gather by phone-bridge to receive spiritual inspiration and guidance and to share with each other. Leslie and Brad will host three calls, which will include a darshan talk and time for questions, answers and discussion.

Prior to the retreat, participants will receive a new uplifting playlist, which we can all meditate to during our synchronized meditation times. The playlist is created with the specific intention to support our movement into transcendent states of consciousness.



OPTIONAL PROCESSING SESSIONS WITH CORELIGHT TEACHERS

We are delighted to have the CoreLight teachers participating with us in facilitating the virtual retreat. Here is a message from them about their offering:

During this retreat, we would like to invite you to connect with us for two optional processing sessions to support you in fleshing out any shadow that may be surfacing during our time together.

As this profound shift of consciousness takes place, we are being asked more and more to stay in the witness and become the embodiment of Love and Peace. In order for us to do that, we would like to come together in the Spirit of Oneness, and collaborate on bringing more conscious awareness to the self-limiting beliefs that keep us stuck in separation. Implementing the squares processing technique that Leslie has taught us supports us in letting go of these polarized states and brings us more and more into balance, thus creating space for personal, as well as collective healing to take place.

YOGA WITH CHARU

We are delighted to have our friend, CoreLight Teacher and renowned yoga instructor, Charu Rachlis, to lead us in virtual yoga sessions on Saturday and Sunday. She will present a new form of yoga she calls, *Embracing the Body and Breath with Conscious Awareness*.

“This is an exploration, an experimental journey with and into the body/ breath—surrendering into the exquisite dance between the rhythmic flow of the breath and the lightness of movement of the new body. It is a celebration! Just show up and let your body/breath dance in a flow of rhythm and grace. No yoga experience is necessary.”

~ Charu

Charu has made a video to accompany the yoga class to enhance our virtual yoga experience. She suggests we use comfortable clothes and if possible be barefoot during the yoga session with her. We are excited about this wonderful opportunity!



RETREAT SCHEDULE FOR NORTH AND SOUTH AMERICA (US Pacific Time)

Friday November 4

- 6-8pm Phone-bridge discussion with Leslie and Brad
- 8-9pm Synchronized meditation

Saturday-Sunday November 5-6 *Note: Daylight Savings ends 2am Sunday in the USA. Remember to turn clocks back one hour before bedtime Saturday in the USA.*

- 6-7am Synchronized meditation
- 7-7:30am Yoga with Charu
- 9am-12pm Phone-bridge discussion with Leslie and Brad
- 12pm-1pm Synchronized meditation
- 2-4pm Optional Processing call with CoreLight Teachers (North & South America)
- 4-5pm Synchronized meditation
- 8-9pm Synchronized meditation

RETREAT SCHEDULE FOR EUROPE AND SOUTH AFRICA (South Africa Time)

Friday November 4

- 8-9pm Synchronized meditation (for Europe and South Africa)

Saturday November 5

- 5-6am Synchronized meditation (with worldwide group)
- 8-11am Listen to recording of Friday night's (US time) phone bridge
- 11am-12pm Synchronized meditation (for Europe and South Africa only)
- 1-3pm Optional Processing call with CoreLight Teachers (Europe and South Africa)
- 3-4pm Synchronized meditation (with worldwide group)
- 4-4:30pm Yoga with Charu
- 6-9pm Live phone bridge discussion with Leslie and Brad
- 9-10pm Synchronized meditation (with worldwide group)

Sunday November 6 *Note: Daylight Savings Time ends in No. America, so schedule is one hour later today.*

- 6-7am Synchronized meditation (with worldwide group)
- 9-10am Synchronized meditation (for Europe and South Africa only)
- 2-4pm Optional Processing call with CoreLight Teachers (Europe and South Africa)
- 4-5pm Synchronized meditation (with worldwide group)
- 5-5:30pm Yoga with Charu
- 7-10pm Live phone bridge discussion with Leslie and Brad
- 10-11pm Synchronized meditation (with worldwide group)

Please calculate the times for your particular time zone [here](#).



LOGISTICS

The retreat is offered in the spirit of service and generosity, with a sliding scale available for those who need it. The recommended tuition is \$300 for the three-day retreat. If you can't afford that amount, you are welcome to [contact Mona](#) to either work out a payment plan or to make another arrangement.

If you can afford to give more, please do, as this will help compensate for those who cannot afford the recommended tuition price. Please give generously in support of CoreLight's important work for the world. We thank you for your generosity. Nobody will be turned away due to lack of funds.

Please [click here to register](#).

We request that you register and return your signed commitment form (below) no later than November 1st.



COMMITMENTS FOR THE WEEKEND

At previous CoreLight virtual retreats, we learned as a group about the importance of caring properly for the Field. We learned that if all retreat participants do not hold the Field in integrity, it loses its power, luminosity and ability to support us. We learned how to care for and maintain the Field—what to do and what not to do. Based on our experience, we invite you to make the following commitments for this weekend retreat.

I agree to:

- Create a sanctuary in my home, based on the guidelines ([link here](#)), or, if my home is not an option, in a quiet retreat space of some kind.
- Not leave my home/sanctuary for the time of the retreat, except in the case of an emergency. (However, going out into nature, walking or other similar activities that build light are encouraged.)
- Not do work or multi-task during these two days, and participate in as many of the synchronized meditations as possible, in addition to the daily phone bridge.
- Take a respite from communication with the outside world (by phone, email, text or in person) during the time of the retreat as I let go of my secular schedule.
- Give myself the time and space to be completely available to my spiritual journey during the time of the retreat.

Name: _____ Date _____

(Print Name Clearly)

Signature: _____